

SUPPORT GROUPS

A. Child and Adolescent Psychiatric Evaluation Service (CAPES)

Children with ADD/ADHD

Tuesday, 4:15 – 5:30 p.m.

This group is for children who have Attention Deficit/Hyperactivity Disorder or ADHD. A CAPES therapist provides age-appropriate information about these disorders and how to cope with them. Games and activities focus on social skills, patience, listening, planning ahead, self-esteem, and other areas that usually give children and adolescents problems.

Parents of Children with ADHD

Depending on the desires of the group members, the group facilitator will present basic to advanced information about these conditions and treatments. This affords parents the opportunity to meet other parents of ADHD children and to discuss specific concerns. Individuals who do not have children attending the ADHD Group for children are still invited to attend the ADHD Parent Group.

Adolescent Support Group

Wednesday, 4:15 – 5:30 p.m.

This group is a forum for adolescents to discuss pressing issues and to gain insight into themselves and others. This unique approach focuses, but is not limited to the following issues:

- Personal/interpersonal relationships
- Social/interpersonal skills
- Problem solving
- Communication skills

Anger Management Group (Children)

Thursday, 4:15 – 5:30 p.m.

This group is for children who have difficulty dealing with their anger. The group facilitator provides games and activities that focus on anger control, problem solving, journaling, and self-esteem.

Anger Management Group (Parents)

This is an education and support group for parents. Participants discuss family dynamics, communication skills, and problem solving. This is an opportunity for parents to meet with other parents and brainstorm about specific concerns.

B. CRDAMC Ministry and Pastoral Care

A group that can help in the healing process for those who have lost a child through miscarriage, ectopic pregnancy, stillbirth, SIDS, illness, or disease.

Attending a mutual self-help support group can help in the healing process. Knowing that you're not alone in mourning - that others have been experienced grief and are surviving - can bring hope and support. Sharing experiences can also give you a sense of meaning as a baby died. Husbands and wives learn to understand one another better and can actually strengthen family bonds even as the healing begins. Reaching out and offering comfort to others may also be an important part of the healing process.

The group:

- Provides emotional support and creates a powerful context for learning.
- Brings together people who share a common loss, breaks down isolation, and puts parents in touch with each other to talk, listen, and share.
- Encourages people not only to seek help, but to provide it.
- Provides opportunities for parents to be caring, and develop their sensitivity to the feelings and needs of each other and others.
- Helps people focus on long-term needs and goals.

DATES FOR THE SUPPORT GROUP IS EVERY 2ND TUESDAY OF THE MONTH - TIME 7PM TO 830PM - PLACE 36001 - ROOM TBD

Our informal group is not a therapy group.
People can attend one or as many meetings as they like. We often find that two or three visits are enough to get started in the process of healthy grief and recovery. You are not required to talk beyond sharing their name and a little about your loss. Everything discussed is strictly confidential.
Meetings often include excellent information on topics related to loss, such as marital stress, but usually the best learning on how to cope with loss comes directly from other parents who are bereaved.
You are not required to sign up to attend, nor do you have to notify anyone if you cannot attend.
A Bereavement Coordinator, usually a hospital chaplain specially trained in issues of Grief and Bereavement, facilitates group meetings. For more information, call the Darnall Medical Center Chaplain at 288-8847.

C. Combat Injury Support Group

A place for soldiers to share their experiences and support each other during their recovery from combat injuries. The group meets every Wednesday from 1 - 2:30 p.m. at the Bennett Health Clinic, 31st Street and Battalion Avenue. For more information call 286-7809.

D. New parent Support Groups

Hours: Monday – Friday, 8 a.m. - 5 p.m.

Phone: 287-2286 or 287-2291

This III Corps program provides educational and supportive services and in-home services to military families with children up to three years old.

Services Available

Home Visitations (by appointment): In-home parenting education and educational counseling, support, referral assistance. Visitors help families learn to cope with:

Stress

Isolation

Post-Deployment Reunions

Everyday Demands of Parenthood

EXPLORE Learning and Play: (Formerly, Playmorning) A weekly parent-child play group. Free Play and activities. Meets every Wednesday at the Bronco Youth Center from 9:30 - 11 a.m..

All services are free of charge. Target population is military families with children from 0 - 3 years, including families who are expecting a baby.

The Department of Social Work provides clinical social services to active duty soldiers and their families, including assessing and providing treatment for domestic violence. The department offers a variety of counseling and referral services designed to assist individuals and families and strengthen the military family by:

Building stronger marital relationships

Strengthening parent-child relationships

Preventing and stopping spouse abuse/neglect and domestic violence

Preventing and stopping child abuse and neglect

Providing treatment for individuals and families involved in domestic violence

Helping families cope with the stresses of everyday life

Helping families cope with illness, disability and/or hospitalization

Commanders often need assistance in obtaining help for troubled soldiers. In most cases, this also includes helping the family members. Helping the whole family allows soldiers to focus on their military duties.

The Department of Social Work can assist unit commanders by providing guidance and assistance to ensure mission readiness.

Additionally, the Department of Social Work actively participates in the NCOPD/OPD program by providing unit-level training on the Family Advocacy Program and other available services.

Family Advocacy Program

The Department of Social Work offers a wide variety of educational, therapy and support groups to assist clients. These groups include the following:

Stop Anger & Violence from Escalating (S.A.V.E.)

This support group provides couples with tools that help them to resolve conflict without resorting to violence. Although the primary focus is anger control, stress management methods are also presented.

Conflict Resolution

Conflict resolution techniques are taught and practiced. Participants are taught how to ask for what they need from each other in an appropriate manner.

Common Sense Parenting

A six week program designed to teach parents skills that will encourage positive behavior, discourage negative behavior & teach alternatives to problem behavior.

Men's Group

The men's group is designed to explore alternatives to violence as a means of expressing anger. It addresses issues of power and control in relationships.

Women's Group

The focus of this group is to help women understand their anger and its impact on self-esteem, decision making, overt behaviors and other areas of their lives.

Support Groups

There are various support groups designed to address the needs of victims of spousal abuse. The emphasis is on teaching victims the strategies and skills to protect them from further abuse.

Children's Support Group

This group is for children age 7-12 who have witnessed domestic violence.

Child Safety Workshop

This educational workshop is for non-offending parents of children who either are victims of sexual abuse or who are at-risk for sexual abuse.

Therapeutic Parenting Program (TPP)

TPP teaches the participants a variety of parenting skills including parental discipline techniques, child development, communication skills and combined anger/stress management.

Blended Family Group

This group assists parents/couples with the many challenges faced by members of blended families (roles of the step-parent, raising step-children etc).

Parent Awareness Education (PAE)

Effective parenting methods are taught in this class. Legal aspects of child abuse and neglect are discussed in the context of appropriate disciplinary techniques.

Stress Management

Counselors teaches members how to identify, understand and reduce stress. Although the main focus is on marital and occupational stresses, the class offers techniques that are applicable to a broad range of situations.

Meeting days, times and durations will vary.

Additional Services

The Department of Social Work also provides a wide variety of individual, marital, and family counseling services appropriate to the specific needs of our clientele.

These ofther services include:

- Individual and Marital counseling
- Group counseling
- Couples Communication
- Child Safety Workshops
- Consultation and Referrals to other agencies
- 24hrs/7days a week On-Call Emergency Room Service

Services are available to all active duty soldiers and their immediate family members. However, in some cases, clients may need to be referred to civilian providers through the TRICARE health system.

Clients may be self-referred, command-referred or medically-referred by any professional within the health care system.

Hours of Operation

- Monday -Wednesday 7:30 a.m. - 4:30 p.m.
- Thursday Morning 7:30 a.m. - 11:30 a.m. (Emergencies Only)
- Thursday Afternoon 1:00 p.m. - 4:30 p.m.
- Friday 7:30 a.m. - 4:30 p.m.

Social Work is located in the Kennedy Social Work Building, #2255, 52nd Street and 761st Tank Battalion Ave. (across from III Corps).

After Duty Hours

The Department of Social Work provides Emergency services from 4:30 p.m. to 7:30 a.m. daily, including weekends and holidays. The on-call social worker can be contacted through the Department of Emergency Medicine (ER) at Darnall Army Medical Center.

The Kennedy Social Services Center

The Kennedy Social Work Center was dedicated February 4, 2000. The building is named in honor of Corporal Alton Ray Kennedy, June 16, 1946 – December 17, 1966. Kennedy was awarded the Distinguished Service Cross for extraordinary heroism. While wounded and without regard for his own safety, he saved the lives of his fellow soldiers. He was fatally wounded December 17, 1966, after repeatedly entering the battlefield to drag injured soldiers to safety. Kennedy served as a medic with elements of the 1st Cavalry Division during the Vietnam War.

The Kennedy Social Work building's architectural style is consistent with the Fort Hood campaign to enhance the post's appearance and provide state-of-the-art services to soldiers and their families. It has 14,270 square feet of space, with 40 offices, five group therapy rooms and one observation room. In the center of the square structure is a landscaped courtyard bounded on four sides by patient consultation rooms and offices. Every room in the building has a window. The building provides an enhanced capability for observation of play therapy, group discussion and counseling, and private offices for confidential interviewing and counseling.

Social Work's mission is to help strengthen the military family. Services include a variety of educational, therapeutic and support groups. The department also supports the Fort Hood Family Advocacy Program, and counseling is available to individuals, families and groups.

The Department of Social Work at Fort Hood is the largest social work clinic in the Department of Defense.